

# Swap it don't stop it!



How to lose weight and  
feel healthy without giving  
up all the things you love

# How would you feel if you lost weight?



Lots of people find that if they start to move around more and eat healthily they;

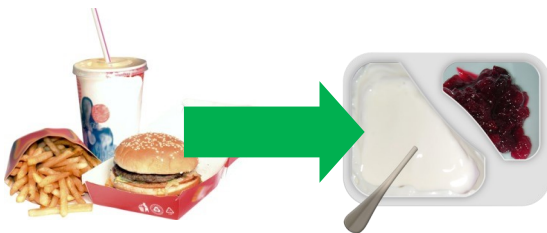
- Lose a bit of weight
- Feel better
- Sleep better
- Have more energy



# You don't have to stop it - just swap it!



You don't have to give up all the things you like.



You can swap them for other, more healthy things.

# 6

This leaflet shows 6 areas of your life where you could make swaps.

# 1) Swaps to get you out and about

## How to build exercise into your day



It is sometimes hard to make yourself exercise.

## Which of these swaps could you make?



### Travel swap

You could try walking or cycling instead of going in the car or on a bus.



### Sitting down swap

Try to walk and move around more during the day rather than sitting still.



### Hobby Swap

Get an active hobby like dancing, cycling or gardening.

# Which of these swaps could you make?



## TV swap

Think about the sports you enjoy watching on TV. Could you give them a try?



## Swim swap

Going to your local swimming pool often is a great way to be active.



## Dance swap

Instead of watching dancing on TV, you can dance to the radio or at a local dance class - all you need is a great tune!



## Room swap

Swap the living room for the garden. Gardening is a great way to get outdoors and be active.

You can visit these websites for more information;

 [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

 [www.nhs.uk/live-well/healthy-body/](http://www.nhs.uk/live-well/healthy-body/)

## 2) Portion swap

How to swap portions so that you eat less.



Sometimes the portions of food we eat are too big.



If we eat a lot of food with fat and sugar in it we can put on weight and be less healthy.

Which of these swaps could you make?



### Plate swap

Swap big plates for small plates to make a smaller portion.



### Food swap

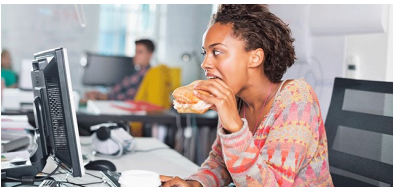
Eat healthy foods like fruits and vegetables instead of food that has lots of fat or sugar.



Could you swap a large meal for a small meal and have fruit for dessert?

## 3) Snack swap

How to stay healthy without giving up snacks.



We often eat snacks when we are bored, thinking about other things or busy.



Too many unhealthy snacks can make you put on weight.

Which of these swaps could you make?



### Packet swap

Eating out of a big packet can make us eat more without meaning to.

Could you put your snack in a bowl instead?



### Sweet snack swap

When you feel like having chocolate, biscuits or cake, try eating fruit instead.

## 4) Swap for 5 a day

How to make sure you eat your 5 a day, everyday.



All adults should eat 5 portions of fruit or vegetables every day.

### Which of these swaps could you make?



#### Vegetable swap

It's easy to add fruit and vegetables to meals.

Try adding grated carrots, frozen peas or other vegetables to a pasta sauce.



#### Breakfast swap

Try adding fruit to cereal, porridge or yoghurt.



#### Pizza swap

Swap pepperoni and cheesy toppings for mushroom, onion, pepper, sweetcorn, spinach or tomato.

This will add to your 5 a day and be more healthy too!



#### Tea break swap

Swap tea or coffee for a glass of fruit juice.

## 5) Fibre swap

### How to find fibre and why it's important.



It is important to eat fibre.

Fibre keeps your stomach and body working as they should.



Foods with fibre make us feel full up for longer.

### Which of these swaps could you make?



#### **Toast swap**

White bread has not got much fibre in it.

Swap your white toast for wholemeal or wholegrain toast.



#### **Plate swap**

Vegetables have fibre in them. Try swapping some of the other things on your plate for more vegetables.

At dinner time, fill half of your plate with vegetables.



## 6) Drink swap

### How to cut down on unhealthy drinks.



'Calories' are a number for the amount of energy in our food and drinks.



If we eat food with lots of calories, we might put on weight.

We sometimes forget that drinks can have calories in them.

### Which of these swaps could you make?



#### Coffee swap

Swap full-fat milky drinks for ones with skimmed milk or have black coffee. This will cut down on calories.



#### Spritzer swap

Alcoholic drinks have calories in them. A good way to cut down on calories is to have a smaller glass of wine topped up with soda water.



#### Pop swap

Swap sugary fizzy drinks for sparkling water with a little bit of fruit juice.

Energy and sports drinks can also sometimes have lots of calories.

# How to get started



As soon as you start making swaps you should start to feel healthier and happier.



You don't have to make swaps in all 6 areas straight away.



It is more important to choose swaps that you are likely to carry on using all the time in your life.



You can add more swaps later.



The more you do, the better you will feel. You don't have to say 'no' to all the things you love eating, drinking and doing.



For more swap ideas visit  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)



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